2010 START SMART CLASS SCHEDULE

COST PER SESSION: \$30.00

Must be three or older by first day of class!

Start Smart is a great program for parents to spend time with their children and help prepare them for future participation in youth sports. All classes are taught in a safe, noncompetitive atmosphere to help your child build confidence and most importantly, have FUN! Parents are required to attend and participate at each class! Registration is ongoing or until classes fill. Registration includes instructor, t-shirt, award, and equipment usage. Manuals may be purchased for \$5.00. All Classes to be held at Sandy Parks & Recreation building (440 East 8680 South).

MULTI SPORTS SKILL DEVELOPMENT

This program focuses on preparing children for participation in organized sports and teaches basic skills including: dribbling, throwing, catching, kicking, batting, and running/agility.

Session 1: March 2, 9, 23, 30, April 6, 13

Time: 7:00 - 7:45 p.m. Day: Tuesday

Session 2: March 3, 10, 17, 24, 31, April 7

Time: 6:00 - 6:45 p.m. Day: Wednesday

Session 3: March 4, 11, 18, 25, April 1, 8

Thursday **Time:** 6:00 - 6:45 p.m.

Session 4: April 20, 27, May 4, 11, 18, 25

Day: Tuesday **Time:** 5:30 - 6:15 p.m.

Session 5: April 21, 28, May 5, 12, 19, 26

Day: Wednesday **Time:** 6:30 - 7:15 p.m.

Session 6: April 22, 29, May 6, 13, 20, 27 Day: Thursday **Time:** 5:30 - 6:15 p.m.

Session 7: June 1, 8, 15, 22, 29, July 6

Day: Tuesday **Time:** 6:30 - 7:15 p.m.

Session 8: June 2, 9, 16, 23, 30, July 7

Day: Wednesday **Time:** 6:30 - 7:15 p.m.

Session 9: June 3, 10, 17, 24, July 1, 8

Day: Thursday **Time:** 5:30 - 6:15 p.m.

Session 10: July 27, August 3, 17, 24, 31, Sept. 7 Tuesday **Time:** 5:30 - 6:15 p.m. Day:

Session 11: July 28, August 4, 11, 18, 25, Sept. 1

Day: Wednesday **Time:** 5:30 - 6:15 p.m.

Session 12: July 29, August 5, 12, 19, 26, Sept. 2 **Time:** 6:30 - 7:15 p.m. Day: Thursday

Session 13: Sept. 14, 21, 28, Oct. 5, 12, 19

Day: Tuesday **Time:** 5:30 - 6:15 p.m.

Session 14: Sept. 8, 15, 22, 29, Oct. 6, 13 Day: Wednesday **Time:** 6:30 - 7:15 p.m.

Session 15: Sept. 9, 16, 23, 30, Oct. 7, 14

Time: 6:30 - 7:15 p.m. Thursday

Program Registration Information

ONLINE REGISTRATION:

www.sandy.utah.gov/parks (available for most sports & programs)

IN PERSON:

Sandy Parks & Recreation - 440 East 8680 South Monday - Friday 8 am to 6 pm (801) 568-2900

SOCCER

This program teaches the basics of soccer including kicking, dribbling, trapping, throw-ins, and agility.

Session 1: March 2, 9, 23, 30, April 6, 13

Day: Tuesday **Time:** 6:00 - 6:45 p.m.

Session 2: March 4, 11, 18, 25, April 1, 8

Day: Thursday **Time:** 7:00 - 7:45 p.m.

Session 3: April 21, 28, May 5, 12, 19, 26

Day: Wednesday **Time:** 5:30 - 6:15 p.m.

Session 4: April 22, 29, May 6, 13, 20, 27

Thursday **Time:** 6:30 - 7:15 p.m. Day:

Session 5: June 1, 8, 15, 22, 29, July 6

Day: Tuesday **Time:** 5:30 - 6:15 p.m.

Session 6: June 3, 10, 17, 24, July 1, 8

Thursday **Time:** 6:30 - 7:15 p.m. Day:

Session 7: July 28, August 4, 11, 18, 25, Sept. 1

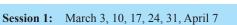
Day: Wednesday **Time:** 6:30 - 7:15 p.m.

Session 8: Sept. 9, 16, 23, 30, Oct. 7, 14

Day: Thursday **Time:** 5:30 - 6:15 p.m.

BASEBALL/SOFTBALL

This program focuses on teaching the basics of baseball including throwing, catching, batting, running, and agility.



Time: 7:00 - 7:45 p.m. Wednesday

Session 2: April 20, 27, May 4, 11, 18, 25 Day: Tuesday **Time:** 6:30 - 7:15 p.m.

Session 3: June 2, 9, 16, 23, 30, July 7

Time: 5:30 - 6:15 p.m. Wednesday Day:

Session 4: July 29, August 5, 12, 19, 26, Sept. 2 Day: Thursday **Time:** 5:30 - 6:15 p.m.

FOOTBALL

The program focuses on teaching basic football skills including throwing, catching, kicking/punting, and running/ agility.

Session 1: July 27, Aug. 3, 17, 24, 31, Sept. 7

Day: Tuesday **Time:** 6:30 - 7:15 pm

BASKETBALL

This program teaches the basic motor skills necessary to play organized basketball including dribbling/ball handling, passing/catching, shooting and running/agility.

Session 1: Sept. 8, 15, 22, 29, Oct. 6, 13

Wednesday **Time:** 5:30 - 6:15 p.m. Day:

Session 2: Sept. 14, 21, 28, Oct. 5, 12, 19 Tuesday **Time**: 6:30 - 7:15 p.m. Day:







